

2018-19 Evaluation of the Youth and Family Centers Program

Jin H. Zhang Ph.D.

EA19-143-4

At-a-Glance

The Dallas Independent School District (Dallas ISD) Youth and Family Centers (YFC) program began in 1993 to offer mental, behavioral, and physical health services to students in the district. The program goals were: 1) to provide school-based physical and mental health support services to Dallas ISD students and families; 2) to reduce the barriers to academic success for students and teachers; and 3) to promote the wellness of the family by engaging families in their children's health care and education.

Purpose and Methods

The purpose of this evaluation is to provide district leadership, program administrators and other stakeholders information regarding the Dallas ISD YFC program in 2018-19. This evaluation examines characteristics of YFC personnel using demographic and professional qualifications data, demographic characteristics of clients, the nature and quantity of services provided, and client perceptions of services rendered.

Program funding information was obtained from the 2018-19 workscope and YFC program staff. Data on professional development, student clients, service types, mental health diagnoses, and parent surveys were obtained from program staff. YFC program staff provided 2018-19 data for students served between July 2018 and April 2019, which was a shorter time frame than in 2016-17 (August 2016 through June 2017) or 2017-18 (August 2017 through June 2018). As a result, year to year comparisons should be viewed with caution. Data on staff demographics were obtained from the district personnel data file. Data analyses included frequencies and cross tabulations.

Funding

The total budget for the YFC program in 2018-19 was \$6,221,623. Of this, \$1,579,918 came from Title 1 funding. The program's two additional funding sources were General Operating Funds (\$3,295,750) and Medicaid Revenue (\$1,345,955). The overall budget for the program has increased over the past three years (Table 1).

Table 1: YFC 2016-17 through 2018-19 Funding

School Year	Amount
2016-17	5,605,655
2017-18	6,114,857
2018-19	6,221,623

Source: Title I workscope and information from program staff November 2016 (2016-17), November 2017 (2017-18), and November 2018 (2018-19).

Note: YFC=Youth and Family Centers.

Program Staff Characteristics

A total of 73 administrators, clinicians, and support staff operated 11 YFC service sites and one central administration office in 2018-19. The number of YFC clinical positions totaled 48 (65.8%) and included counselors, psychiatrists, psychologists, psychotherapists, specialists, and a technician. Psychotherapists ($N=36$) comprised the largest group of YFC staff at almost half (49.3%). Of the 48 clinical staff members, approximately 40 percent were Hispanic, 31 percent were African American, and most were female (77%). Eighty-eight percent held a master's-level degree or higher. Sixty-three percent of clinical staff possessed between one to ten years of professional experience within the district and 27 percent had more than 11 years of experience. Table 2 displays YFC staff information.

Table 2: 2018-19 YFC Staff Information ($N=73$)

Job Title	<i>N</i>	%
Director	1	1.4
Coordinator	1	1.4
Administrative Assistant	12	16.4
Counselor	5	6.8
Psychiatrist	4	5.5
Psychotherapist	36	49.3
Specialist	2	2.7
Supervisor	11	15.1
Technician	1	1.4
Total	73	100.0

Source: District personnel data file dated November 18, 2018.

Note: YFC=Youth and Family Centers.

Professional Development for YFC Staff

A total of 21 formal professional development opportunities were provided to YFC staff during the 2018-19 school year. These training sessions focused on a variety of topics, including school safety and crisis situations, self-care, and other clinically-relevant themes.

Student Characteristics

There were 5,745 students that received clinical mental or behavioral health services through the YFC program in 2018-19 (4,855 in 2017-18 and 5,154 in 2016-17, respectively). The YFC program served more male students (60.2%) than female students (39.8%) compared to district overall (51.0% vs. 49.0%). Hispanic students (69.5%) constituted the largest ethnic group served by YFC clinics, which was similar to the district (69.8%). African American students constituted

24.2 percent of YFC student clients, and white students comprised 4.5 percent of all student clients Table 3 displays served students' demographic characteristics.

Table 3: 2018-19 YFC Student Demographics (N=5,745)

	N	%
Gender		
Male	3,459	60.2
Female	2,286	39.8
Ethnicity		
African American	1,392	24.2
Hispanic	3,993	69.5
White	257	4.5
Other	103	1.8

Source: YFC data file (5/29/2019) and District Public Education Information Management System demographic data file (10/26/2018).

Note: YFC=Youth and Family Centers.

By grade level, grade five (10.8%) had the highest percentage of students served, followed by grade nine (10.4%), grade six (10.3) and grade four (10.2%) in 2018-19 (Table 4).

Table 4: 2018-19 YFC Student Clients by Grade (N=5,745)

Grade	N	%
PK	4	<0.1
KN	90	1.6
1	231	4.0
2	389	6.8
3	470	8.2
4	588	10.2
5	623	10.8
6	591	10.3
7	577	10.0
8	514	8.9
9	599	10.4
10	448	7.8
11	335	5.8
12	286	5.0
Total	5,745	99.8

Source: YFC data file (5/29/2019) and District Public Education Information Management System demographic data file (10/26/2018).

Note: PK=Prekindergarten. KN=Kindergarten. YFC=Youth and Family Centers. Percentages do not add up to 100 due to rounding.

Services Provided

The YFC program provided 22 types of clinical service to district students and families in 2018-19. The total number of clinical student services rendered by YFC staff between July 2018 and April 2019 was 33,797 (38,247 in 2017-18 and 39,027 in 2016-17). The average student client made 6.0 visits to a YFC clinic in 2018-19 (8.0 in 2017-18 and 7.6 in 2016-17). Individual therapy sessions lasting 60 minutes or more (N=7,936) constituted 23.5 percent of all clinical services rendered, followed by 45-minute individual psychotherapy sessions (N=7,114, 21%), and 15-minute follow-up appointments (N=4,824, 14.3%).

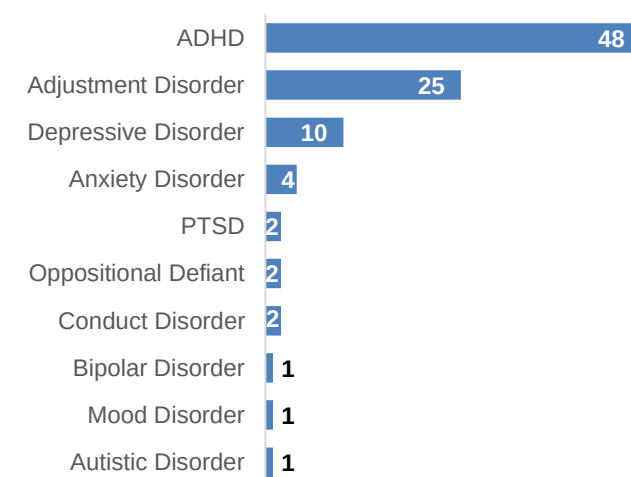
The three types of services together (N=19,874) accounted for 58.8 percent of all YFC clinical services.

Woodrow YFC received the highest number of visits in 2018-19 at 4,487 total visits. Flores YFC had the highest number of unique visitors (N=814), and Wilmer-Hutchins YFC had the highest average number of visits per client among all YFCs at 8.8 visits.

Trends in Student Mental Health Diagnoses

The most common primary mental health diagnoses made for Dallas ISD students visiting a YFC for clinical services in 2018-19 were Attention Deficit Hyperactivity Disorders (ADHD, 48% of all primary diagnoses), Adjustment Disorders (25%), and Depressive Disorders (10%). Figure 1 displays a full breakdown by overall percentage of the top 10 most common primary diagnoses made for student clients. These top 10 diagnoses accounted for 96 percent of all primary diagnoses (N=5,745) made in 2018-19, the same as in 2017-18.

Figure 1: 2018-19 Most Common Mental Health Issues Among YFC Student Clients (N=5,745)



Source: YFC 2018-19 data file dated May 29, 2019.

Note: ADHD=Attention Deficit Hyperactivity Disorder. PTSD=Post Traumatic Stress Disorder. YFC=Youth and Family Centers.

There were notably more male than female students that received primary diagnoses of Autistic Disorder (89%), Attention Deficit Hyperactivity Disorder (77%), Conduct Disorder (72%), Oppositional Defiant (66%), Mood Disorder (63%), Post Traumatic Stress Disorder (58%), and Adjustment Disorder (54%). There were more female than male students for Depressive Disorder (64%), Anxiety Disorder (54%), as well as Bipolar Disorder (54%). This was similar to the 2017-18 and 2016-17 school years.

Attendance and Discipline Referrals

The average school attendance rate for YFC students was 93.5 percent in 2018-19 (92.7% in 2017-18 and 93.1% in 2016-17), while the district overall attendance rate in 2018-19 was 95.3 percent.

Of the 5,745 YFC student clients in 2018-19, there were 1,873 discipline referrals recorded among 887 students (constituted 15.4% of YFC student clients in 2018-19, 19.9% in 2017-18, and 24.5% in 2016-17). Three hundred and ninety-two of the 887 students (44.2%) were referred for more than one offense during the school year. The average number of discipline referrals for students in this group was 2.1 (range: 1 to 14) (2.6 average in 2017-18, range: 1 to 21, and 2.8 average in 2016-17, range: 1 to 22).

Fighting, classroom disruption, and profanity or use of an obscene gesture towards school personnel were the three most common causes for discipline referrals among this group. Fighting was the top cause in 2018-19, and accounted for the largest share (30.8%, $N=576$) of discipline referrals among YFC student clients, with 526 (21.1%) in 2017-18 and 774 (22.0%) in 2016-17.

Redbird YFC had the highest number of discipline referrals in 2018-19 ($N=512$, or 27.3 percent of all referrals), followed by Flores YFC ($N=284$, or 15.2 percent) and Balch Springs YFC ($N=217$, or 11.6 percent). Wilmer-Hutchins YFC ($N=79$, or 4.2 percent) and Eddie Bernice Johnson YFC ($N=78$, or 4.2 percent) had the lowest numbers of student client discipline referrals in 2018-19.

Parent Survey Results

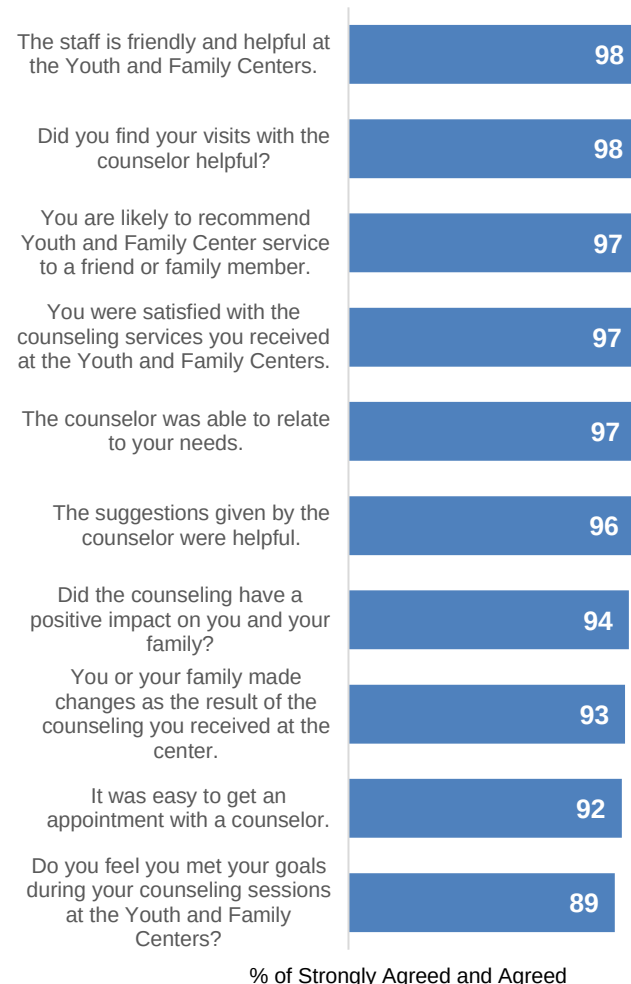
The YFC-designed Parent Survey was administered spring 2019. The Parent Survey included 10 items and was in English and Spanish. Eight sites returned completed surveys to the YFC central administration office, but three did not. The YFC Parent Survey used the five-point Likert-type scale ranging from "Strongly Agree" to "Strongly Disagree". A total of 290 YFC parents completed the survey.

The 2018-19 YFC Parent Survey indicated an overall "Satisfaction" score of 95.1 percent. The YFCs received an overall "Satisfaction" score of 95.9 percent in 2017-18, and 92.5 percent in 2016-17.

Responses were positive with between 89 and 98 percent marking "agree" or "strongly agree". Survey items receiving the highest scores included those inquiring about the friendliness and helpfulness of YFC staff and the helpfulness of the counselors, followed by whether these clients would recommend YFC services to a friend or family member, whether they were satisfied with the counseling services, and whether the

counselor was able to relate to their needs. Although positive overall, the least positive responses were for meeting the goals for the counseling sessions (89%). (Figure 2).

Figure 2: 2018-19 YFC Parent Survey Results ($N=290$)



Source: YFC parent survey dated June 19, 2019.

Note: YFC=Youth and Family Centers.

Recommendations

- **Create waitlists of clients who cannot be seen in a timely fashion at each YFC clinic.** This will help document the magnitude of the need for expanded YFC clinical services in the Dallas ISD community.
- **Administer the Parent Survey at end of counseling sessions.** This would provide clients with more experience on which they can reflect and provide more thoughtful responses. This may particularly affect survey items that received fewer positive responses in 2018-19, such as item 9: "Do you feel you met your goals during your counseling sessions at the Youth and Family Centers?"

References

Mejan, M. (2017). 2016-17 Evaluation of the Youth and Family Centers Program (EA17-143-2). Dallas, TX: Dallas Independent School District, Department of Evaluation and Accountability.

Mejan, M. (2018). 2017-18 Evaluation of the Youth and Family Centers Program (EA18-143-2). Dallas, TX: Dallas Independent School District, Department of Evaluation and Accountability.

An electronic version of this report as well as the full 2018-19 report can be found at www.dallasisd.org/Page/888.

For more information, please contact Program Evaluation at evaluation@dallasisd.org.

© 2019 Dallas Independent School District (Dallas ISD)

Mail a written request for permission to use or reproduce any part of this document to:

Dallas ISD
Department of Evaluation and Assessment
H. B. Bell School Support Service Center
2909 N. Buckner Blvd.
Box 10
Dallas, TX 75228